

Davis County RSVP volunteers honored at appreciation breakfast

By Viki Bowman
Davis County RSVP

Davis County's RSVP (Retired Senior Volunteer Program) gathered volunteers and their guests for breakfast at Granny Annie's Restaurant in Kaysville on Friday, March 4. The event was held to honor all of RSVP's dedicated volunteers (age 55+) who help out in 33 locations from Clinton to North Salt Lake.

Davis County Commissioner Jim Smith welcomed the volunteers and talked about the ways volunteer services have impacted critical needs here at home.

Family Health and Senior Services Division Director, Kristy Cottrell emphasized the dollar value of services provided by RSVP volunteers. During the 2015-2016 fiscal year, RSVP volunteers gave 36,423 hours of service in Davis County. Equate those hours at the \$23.51 national hourly value and RSVP members contributed \$856,304.73 in services towards community solutions of what



COMMISSIONER JIM SMITH welcomes a packed room of more than 125 RSVP volunteers during a recognition breakfast held to thank them for their dedicated service throughout Davis County.

Photo by Viki Bowman, RSVP

might otherwise have been unmet.

Brian Hatch, Davis County Health Department's Interim Director, expressed his appreciation for the many ways volunteers fill in the gaps that

paid employees can't meet at non-profit and government agencies. He concluded by stating how vital volunteers are to creating healthy, successful lives in our communities.

Gift packs were distrib-

uted to the volunteers by RSVP staff.

For more information on volunteering in Davis County, call 801-525-5094 or visit www.daviscountytah.gov/rsvp.

Caregiver educational classes offered

Davis County Health Department's Family Caregiver Support Program is offering a six week series of classes for individuals who care for family members that are older and/or frail.

Classes are offered at two different locations starting in April. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd. Layton), noon-1 p.m. Thursdays classes are at the Golden Years Senior Activity Center (726 S. 100 E.

Bountiful), noon-1 p.m.

A light lunch will be provided at all of the classes but attendees must RSVP to Megan Forbush at 801-525-5088 on Mondays by noon.

Schedule:

- April 12 & 14: Caregiver Burnout and Stress – Alysia Patterson, Community Nursing Services
- April 19 & 21: Diabetes Management – Beth Lewis, Life Care Center of Bountiful
- April 26 & 28: Healthy Food,

Healthy You – Mark Hoyal, South Davis Home Health and Hospice

- May 3 & 5: To Be Announced – Nicole Woosley, Right At Home
- May 10 & 12: Exercises for Seniors – Jackie Ostler, Applegate Home Health and Hospice
- May 17 & 19: How to Deal with Depression – Kathlee Bailiff, RN & Christine Burningham, Aspire Home Health and Hospice and Camille Savage, Hearts for Hospice

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				7 AG – Heat Program 11-1 Arts & Crafts 10 GY – Lapidary 8:30 ND – Miles Coe on Piano 11:15 Movie 12	8 AG – **AARP Smart Driving Stress Mgt 11:30 Bingo 10:30 GY – Movie 12:30 ND – Ceramics 12	9
10	11 AG – Oil Painting 9 Pickle Ball 9 GY – Pencil Art Class 9 Bridge 1-4:45 ND – Texas Hold 'Em 12	12 AG – **Art 9 Health Literacy 11 GY – Zumba 9:30 Tai Chi 10:30 ND – Blood Pressure 10:30 Quilters 10	13 AG – **Water Exercise 9 Spa Day 11 GY – Dancing Grannies 8:30 **Positive Aging 5-7 p.m. ND – Food Bank	14 AG – Legal Services 9-10:30 Food Sense 11 GY – Caregiver Class 12-1 ND – International Moment of Laughter 11:30	15 AG – Computer 101 9:30 Bingo 10:30 GY – Sit n Fit 8:30 ND – Bingo 12:30 Tech Lab 4	16
17	18 AG – Lifetime Fitness 9 GY – **Rainbow Gardens Trip ND – Trivia & Treats 11:30 Texas Hold 'Em 12	19 AG – Tai Chi 9:45 **Road Trip GY – Senior Aerobics 8:30 Woodcarving 9-12 ND – Person, Place, or Thing? 11:30	20 AG – Repertory Tips 11:30 GY – Bingo 12:30 ND – **Trip to Hill Aerospace Museum	21 AG – Interim Health Care 11:30 GY – Luana's Combo Band 10:30 ND – Knit & Crochet 12:30	22 AG – Lapidary 8:30 GY – Stained Glass 9-12 ND – Guided Relaxation 10:30 Energy Saving Tips 11:30	23
24	25 AG – Bingo 10:30 Trivia of the Day 11:30 GY – Pencil Art ND – Texas Hold 'Em 12 Bingo 12:30	26 AG – Tai Chi Chair 10:45 GY – Dancing Grannies 8:30 Zumba 9:30 ND – Blood Pressure 10:30 Line Dancing 1	27 **Senior Gala Dinner-Dance AG – Rocky Mtn Care 11:30 GY – Dancing Grannies 8:30 ND – Food Bank	28 AG – Tai Chi 9:45 Chi Qong 10 GY – Luana's Combo Band 10:30 ND – Food Sense 1	29 **AG, GY & ND April Birthday Party AG – Lapidary 8:30 GY – Water Color 9 ND – Hand Massages 10	30
1	May 2 AG – Pickle Ball 9 GY – Pencil Art 9 Line Dancing 10 ND – Texas Hold 'Em 12 Bingo 12:30	May 3 AG – Lapidary 8:30 GY – Lapidary 8:30 ND – Line Dancing 1	May 4 AG – Water Color 9:30 GY – Single's Social 11:15 Bridge 1-4:45 ND – May the 4 th be with you 11:30	May 5 AG – Tai Chi 9:45 GY – Senior Aerobics 8:30 Shopping 12:30 ND – Cinco de Mayo Celebration 11:30	May 6 AG – Canasta 1 GY – Sit n Fit 8:30 Line Dancing 10 ND – Hug your Cat Day 11:30	7

** Call Senior Activity Center to Make Reservation

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 444-2290
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

Tickets available for Senior Gala Dinner-Dance

The theme for the ninth annual Senior Gala Dinner-Dance is "Those Were The Days." Hosted by Davis County Health Department's Senior Services on Wednesday, April 27, 6-9 p.m., the dinner, floorshow, and dancing to live Big Band music are again the festivities planned for a senior citizens "senior prom."

Tickets can be purchased for \$7.50 by the April 18 deadline at the Autumn Glow Senior Activity Center (801-444-2290) in Kaysville, the Golden Years Senior Activity Center (801-295-3479) in Bountiful, and the North Davis Senior Activity Center (801-525-5080) in Clearfield.

The "best dress" event is in the Davis High School Commons and cafeteria at 325 South Main in Kaysville. The school's



Jazz Band along with several talented student singers and dancers perform as the Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers providing a floorshow and dance music from the Big Band era.

Making this event possible are volunteers and donations from local community partners including: Davis High School, Davis High School Jazz Band and student supporters, Davis Behavioral Health, and the Davis County Health Department staff.

Autumn Glow offers variety of activities for seniors

By Julie Parker
Center Manager

Are you looking for information, community education, advocacy, and opportunities for older adults? Central Davis Senior Activity Center (Autumn Glow-Kaysville) offers many activities for seniors looking to meet new friends, develop new interests, or pursue a new hobby.

We offer a warm and friendly gathering place for seniors to join other active, mature adults in educational classes, crafts, exercise, daily lunch programs, and much more.

Autumn Glow Senior Activity Center serves hot meals and more than 120 home delivered meals each week day. We offer a variety of classes, trips, fun activities, volunteer opportunities, entertainment, and physical activity. Built in 1991, Autumn Glow began serving seniors in the Layton, Kaysville, Fruit Heights, Farmington, and Centerville areas.

To be eligible for programs, you must be 60 years of age or older, or the spouse of someone 60 years of age or older. Join us Monday through Friday from 8 a.m.-5 p.m. or call us at 801-444-2290.

Medicare 101 class scheduled

Are you turning 65 or preparing to retire? Puzzled about Medicare? Have you asked yourself these questions: How, When, and Where do I sign up for Medicare? Join us for a free Medicare 101 class and let us answer your questions. Class is offered

on Thursday, April 7, 6:30-7:30 p.m., at the Kaysville Library (215 Fairfield Road, Kaysville).

Davis County Senior Services sponsor the classes. For more information, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountytah.gov.

Did you know?

If you are 60 or older, you can get a warm meal each weekday for a suggested donation of only \$3. And, you can eat with friends!

Please call one of the following centers for more information:

- **North Davis Senior Activity Center**
42 South State Street
Clearfield

- **Central Davis (Autumn Glow) Senior Activity Center**
81 East Center Street
Kaysville
801-444-2290
- **South Davis (Golden Years) Senior Activity Center**
726 South 100 East
Bountiful
801-295-3479

Riley Court Apartments

FEATURES:

- Elevator
- Great Room
- Secured/Secluded
- Community Garden
- Social Events

AVAILABLE:

- Studios
- One Bedroom
- Two Bedroom/Two Bath Suites
- Executive Suite

"Life Is Easier Here"

Independent Senior Community (age 55+)



517 S. 100 E., Btfl. • 801-989-1602